

steps to PREVENTION



Si quiere que le mandemos esta información en español, favor de llamar a nuestro departamento de Servicio al Cliente de MDwise al 1-877-822-7196 o en Indianápolis al 317-822-7196. También puede encontrar esta información en español en nuestra página web en www.MDwise.org. Gracias.

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You Can Quit Smoking

Anyone who's tried it knows—quitting smoking isn't easy.

But now extra help is as close as your phone. And it's help that can double your chance of success. Just call a smoking quitline.

When you call a quitline, you can talk to someone who is an expert in how to stop smoking. That person can help you make a plan to quit. These experts can

also send you information in the mail. If you start smoking again, they can help you figure out why, and they can make it easier for you to get back on track.

Call the Indiana Tobacco Quitline at 1-800-784-8669. The MDwise SMOKEfree program also has resources that may help you. Call 1-877-822-7196 for more information or visit www.MDwise.org.



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Questions? Call us at
1-877-822-7196, or in
the Indianapolis area
317-822-7196. You may
also visit our Web site at
www.MDwise.org.

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Weight Gain and Diabetes

Extra pounds can do more than make your clothes feel tight. They also increase your risk of diabetes.

Most people with Type 2 diabetes, the most common form of diabetes, are overweight. And it doesn't matter what your age is. Both overweight kids and adults are at risk for diabetes.

But losing even a little weight, often only 10 pounds or so, can help you avoid diabetes.

These tips can help:

- **Get moving.** Try to exercise at least 30 minutes every day. If you don't have much time, get up early and go for a brisk walk.
- **Eat smart.** Help yourself to plenty of fruits, veggies and whole-grain foods. Go easy on sweets, fatty foods and sugary sodas.
- **Don't skip meals.** If you do, you'll overeat later on.
- **Grocery shop on a full stomach.** This will help you to avoid unhealthy foods that you may be tempted to buy if you shop while hungry.

Sources: American Diabetic Association; National Institutes of Health



Member Redetermination

Healthy Indiana Plan members must re-enroll every 12 months. 90 days before your coverage ends, you will get a letter from the Division of Family Resources with information on how to enroll for next year.

60 days before your coverage ends, you will get another letter from the Division of Family Resources with a re-enrollment form.

It is very important you that you fill out the re-enrollment form right away and send it in! The Division of Family Resources must get this completed form 45 days before your coverage ends or you will be disenrolled from HIP. If that happens, you will not be able to re-enroll for 12 months.

Please mail the form to:
FSSA Document Center
P.O. Box 1630
Marion, IN 46952

You can also fax the completed form to 1-800-403-0864.

If you have any questions, call MDwise Customer Service at 1-877-822-7196 or 317-822-7196 in the Indianapolis area.



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Information in STEPS TO PREVENTION comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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Questions? Comments? Complaints? If you need help with anything about MDwise or your doctor, we can always help. Please call MDwise Customer Service at 1-877-822-7196, or in the Indianapolis area 317-822-7196.

Emergency or Urgent Condition?

Emergency

An emergency can cause loss of life or severe disability if not treated right away. Examples of emergencies include:

- Poisoning
- Severe head injury
- Excessive bleeding
- Convulsions
- Serious burns
- Loss of consciousness
- Sudden severe chest pains
- Trouble breathing



In an emergency, go to the nearest emergency room.

Urgent Condition

Urgent conditions aren't life-threatening. Examples of urgent situations include:

- Earache
- Sore throat
- Fever
- Minor cut that may need stitches

In urgent situations, going to the emergency room usually isn't the best choice. Urgent conditions can usually be treated at home until you can see your doctor. Call your doctor to find out what you should do. The doctor can give you advice on how to reduce discomfort and arrange an appointment. You can reach your doctor on call 24 hours a day. Even after normal business hours you can call your doctor's office. Either a recording or an answering service will tell you how to reach the doctor on call.

MDwise also has a NURSEon-call service available to you 24 hours a day, seven days a week. Call 1-877-822-7196 or 317-822-7196 in the Indianapolis area. Select Option 3. Nurses can answer your health questions.



NURSEon-call

Speak with a nurse 24 hours a day

Source: *Well Advised, Second Edition, Text copyright © 2003 Park Nicollet Institute*

What is My Wellness ZONE?

MDwise has a new interactive tool at www.MDwise.org to help you stay healthy. With My Wellness ZONE, you can find a range of health news and information.

The Diet and Nutrition Zone has helpful tips for healthier food choices. It also gives health advice for children, teens, and older adults.

In addition to healthy eating tips, My Wellness ZONE has information on Exercise and Fitness, Family Health, Allergies, and many more topics. It is a great resource to learn new ways to be healthy.

Visit the MDwise Web site today to learn more!
www.MDwise.org

What is High Blood Pressure?

High blood pressure is a serious condition that can lead to heart disease, heart failure, stroke, kidney failure, and other health problems.

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this rises and stays high over time, it can harm the body in many ways.

Overview

About 1 in 3 adults in the United States has high blood pressure. High blood pressure usually has no signs. You can have it for years and not know. During this time it can harm the heart, blood vessels, kidneys, and other parts of your body.

This is why knowing your blood pressure is important, even when you are feeling fine. If your blood pressure is normal, your doctor can help you keep it that way. If your blood pressure is too high, you need treatment to prevent harm to your body.

Outlook

Blood pressure tends to rise with age. A healthy lifestyle helps some people delay or prevent this rise in blood pressure.

People who have high blood pressure can take steps to control it and lower their chances for related health problems. This includes following a healthy lifestyle, having ongoing medical care and following your doctor's treatment plan.

Source: National Heart Lung and Blood Institute

